

In carcinoma of the larynx the very old do not seem more susceptible, but the histological type is important here.

Old people vary in their susceptibility to withstand heavy radiation. Some bear it without the slightest reaction; others are prostrated, and in a few cases treatment must be given up, but on the whole they bear it better than the young. The skin also will usually bear heavier doses.

HYPERTENSION ¹

(ABSTRACT)

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Many considerations need to be taken into account in appraising the seriousness of high blood pressure. It is not confined to elderly people, but exists in those of middle age and even among those younger.

The rise of blood pressure with advancing years may be regarded either as a sign of physical deterioration or a physiological expression of growing old. The blood pressures in older people are prone to vary much more from average figures than is the case in younger individuals. Blood pressure higher than the average normal is not necessarily a bad prognostic sign or an indication of disease.

High blood pressure with no other impairment may often be corrected by diet, change in mode of living, proper exercise, etc., even to the extent of making the patient eligible for insurance, whereas he would have been rejected because of the blood pressure existing before the remedial regime was instituted. Even in cases of high blood pressure among aged people, proper treatment of the heart may

¹ Delivered October 10, 1928.

frequently remedy the condition. Deviations from normal blood pressure should be primarily regarded as symptoms that the heart is not functioning normally and adequately and such remedial treatment as is possible should be resorted to.

ANGINA PECTORIS ¹

(ABSTRACT)

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Nothing can appear more obvious to the ordinary students of the subject of angina pectoris than that the most frequently associated factor in causing the disease is emotional stress. No other one immediate factor is so dominant in the precipitation of the immediate paroxysm, and the very tendency of the disease to manifest itself chiefly in certain occupations and types of individuals is further illustrative of this fact.

The spiritual side of the case must not be neglected in this disease, in which emotions play so important a role. The development of the philosophy of life of the power of adaptation of desire to possibilities, the cultivation of suitable hobbies of a restful character such as reading, music and such pacific occupations as painting, etching, carving and similar pursuits, are of real medical benefit. Habits of restfulness and relaxation are to be cultivated. Climate is often very important and those who live in the temperate zones may well spend their winters in the south or perhaps go to live permanently in some mild temperate and congenial climate. Few patients do well in the cold places or at high altitudes. Each case must be made an individual problem. Sleep and rest are of crucial importance. Alcohol has a very definite benefit in very many cases, especially among the aged and arterosclerotic.

If we sufficiently individualize treatment, we are much more likely to give relief as well as a prolonged and not

¹ Delivered October 11, 1928.